

THE JORDAN HARBINGER SHOW

Worksheet for Leon Logothetis | Surviving on the Kindness of Strangers (Episode 195)

[The Kindness Diaries](#) host Leon Logothetis travels the world with no money, relying solely on the kindness of those he meets along the way. What this teaches us about the capacity for positive human connection in an age when people seem more divided than ever is nothing short of inspiring.

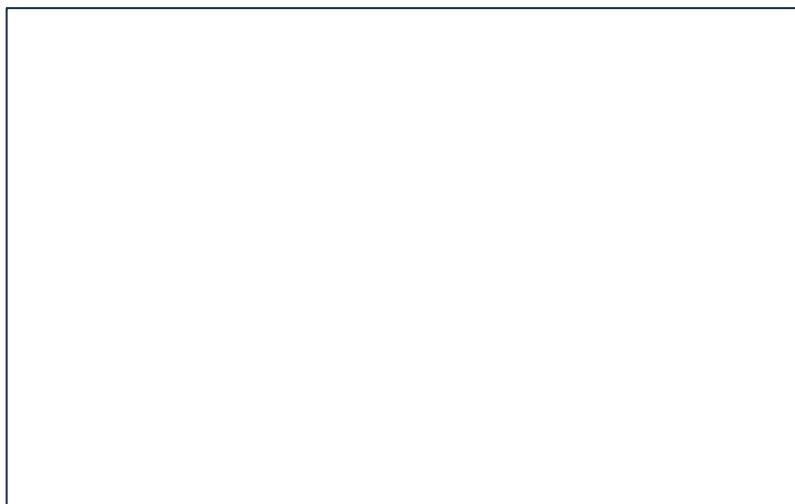
[In this episode](#), we go behind the scenes to some of the fun, ridiculous, touching, and sometimes even dangerous situations Leon gets himself into, usually in the middle of nowhere and in a vehicle completely ill-suited to the journey.

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Profound Kindness

“As a kid and as a young adult, I felt profoundly alone,” Leon tells me. “I felt alone at home, I felt alone at school. I just really felt profoundly alone. Profoundly unseen. But I had this teacher who was a life changer. She would say to me every day, ‘I believe in you,’ among other things. And really what she was doing was being kind...[as] a witness to my pain. Sometimes all we need to do is to have one person see us, and she saw me.”

Think back to a time in your own life when someone has seen you through challenges and believed in you even when you haven't believed in yourself. Consider ways you can play this kind of role in someone else's life and demonstrate the transformational qualities of kindness.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

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Cumulative Kindness

“All you have to do is show up with as much kindness in your heart as you can,” says Leon.

“When you go to Starbucks, treat the barista with some respect and some dignity. When you’re in an Uber and the Uber driver’s being a nutjob for whatever reason, be kind. It’s moment to moment. It isn’t the big things, it’s the little things. If you do one little, small thing every day, and you keep on doing it, by the end of your life, you will have accumulated so much kindness and you will have accumulated so much connection to your heart that it will just become part of who you are. And that’s what it’s really all about.”

Think about the people you encounter every day over the course of a week and consider how you might extend small acts of kindness toward them during your interactions. Note not only how it seems to make them feel, but how it makes you feel — even when you’re kind to someone who might not at the time seem to “deserve” it.

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Common Kindness

When I ask Leon how he persuades people to help him during his travels, he says, “Basically, I simply come from my heart and I connect to their heart. I joke around a little bit, and there’s the aspect of adventure, but at base it’s just connecting with another human being. Once you connect with that other human being, magic happens. If you’re not genuine, and you’re not authentic, and you’re not connecting with the other person, they’re going to be like, ‘I’m not going to help you.’”

But one of the best ways to make a connection with a stranger is to find just one thing you have in common — as illustrated in our conversation about shared experiences in Sarajevo.

Over the next week, try to find something you have in common with three strangers and see where the resulting conversations take you. Note how successful (or not successful) these conversations were in creating connections with strangers.



Full show notes and resources for this episode [can be found here](#).

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About



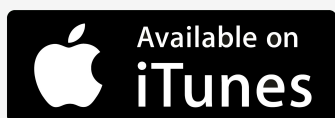
Join us as we get deep into the untapped wisdom of the world's top performers -- from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

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